5K Running Schedule

Week Com **27th November 2022**

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		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1		Run Club 8am at Woking Park	Group Circuits or Rest	**3 x 400metres*/30 Minutes Run**	2 Mile Run or Circuits	Rest	Circuits/5 mile run	Rest
Week 2		Run Club 8am at Woking Park	Group Circuits or Rest	**4 x 400metres*/30 Minutes Run**	2 Mile Run or Circuits	Rest	Circuits/5 mile run	Rest
Week 3		Run Club 8am at Woking Park	Group Circuits or Rest	**2 x 800metres*/30 Minutes Run**	3 Mile Run or Circuits	Rest	Circuits/6 mile run	Rest
Week 4		Run Club 8am at Woking Park	Group Circuits or Rest	**5 x 400metres*/35 Minutes Run**	3 Mile Run or Circuits	Rest	Circuits/6 mile run	Rest
Week 5		Run Club 8am at Woking Park	Group Circuits or Rest	**6 x 400metres*/35 Minutes Run**	3 Mile Run or Circuits	Rest	Circuits/6 mile run	Rest
Week 6		Run Club 8am at Woking Park	Group Circuits or Rest	**3 x 800metres*/35 Minutes Run**	3 Mile Run or Circuits	Rest	Circuits/6 mile run	Rest
Week 7		Run Club 8am at Woking Park	Group Circuits or Rest	**6 x 400metres*/40 Minutes Run**	3 Mile Run or Circuits	Rest	Circuits/7 mile run	Rest
Week 8		Run Club 8am at Woking Park	Group Circuits or Rest	**3 x 800metres*/40 Minutes Run**	3 Mile Run or Circuits	Rest	Circuits/6 mile run	Rest
Week 9		Run Club 8am at Woking Park	Group Circuits or Rest	**5 x 400metres*/40 Minutes Run**	3 Mile Run or Circuits	Rest	Circuits/6 mile run	Rest
Week 10		Run Club 8am at Woking Park	Group Circuits or Rest	**2 x 800metres*/2 mile run**	3 Mile Run or Circuits	Rest	Circuits/5 mile run	Rest

Week 11	Run Club 8am at Woking Park	Group Circuits or Rest	4 x 400metres*/2 mile run	3 Mile Run or Circuits	Rest	Circuits/5 mile run	Rest

NOTES

Tempo Runs - start off easy for 5-10 minutes, then increase your pace at 70% for a further 15-20 minutes and reduce this to a steady pace to cool down.

400/600/800 metres interval runs - is 1/1.5/2 laps around a track. Run these hard, faster than your jogging pace, then take 2-3 minutes recovery.

Rest - rest days are active recovery. You can do pilates, stretch. yoga or just a steady walk. Rest days are important as your muscles need to repair after an intense workout.

Modifications - you can switch days to accommodate your schedule. Just make sure you don't do two intense speed workouts two days in a row.

TIPS

- Ensure you fuel up with the right amount of carbs/proteins/fibres

- Ensure your runnning shoes are adequate for your runs. Invest in a good pair of trail shoes for off road running.

- Wear suitable running gear for all weathers

- If running in the dark, wear a head light or carry a torch

- Stretch after each run.